

# How Much Weight Should I Gain?

A good weight gain increases the chances of having a healthy baby. How much weight you should gain during pregnancy depends mostly on your weight before pregnancy. Thinner women need to gain more weight than heavier women. Your doctor, dietitian, or nurse will help you set a healthy weight gain goal.

As a general guideline,

A woman who was...	Should try to gain...
Underweight	28 - 40 pounds
Normal weight	25 - 35 pounds
Overweight	15 - 25 pounds
Very overweight	at least 15 pounds

Young teenagers and African-Americans should try to gain towards the higher end of their range because they often have smaller babies. Very short women should gain toward the lower end of the range.

## How fast should I gain weight?

Pregnant women should gain 2 to 5 pounds in the first three months. After the first three months, the suggested weight gain is about 1 pound per week. Underweight women need to gain a little more; Overweight women, a little less.

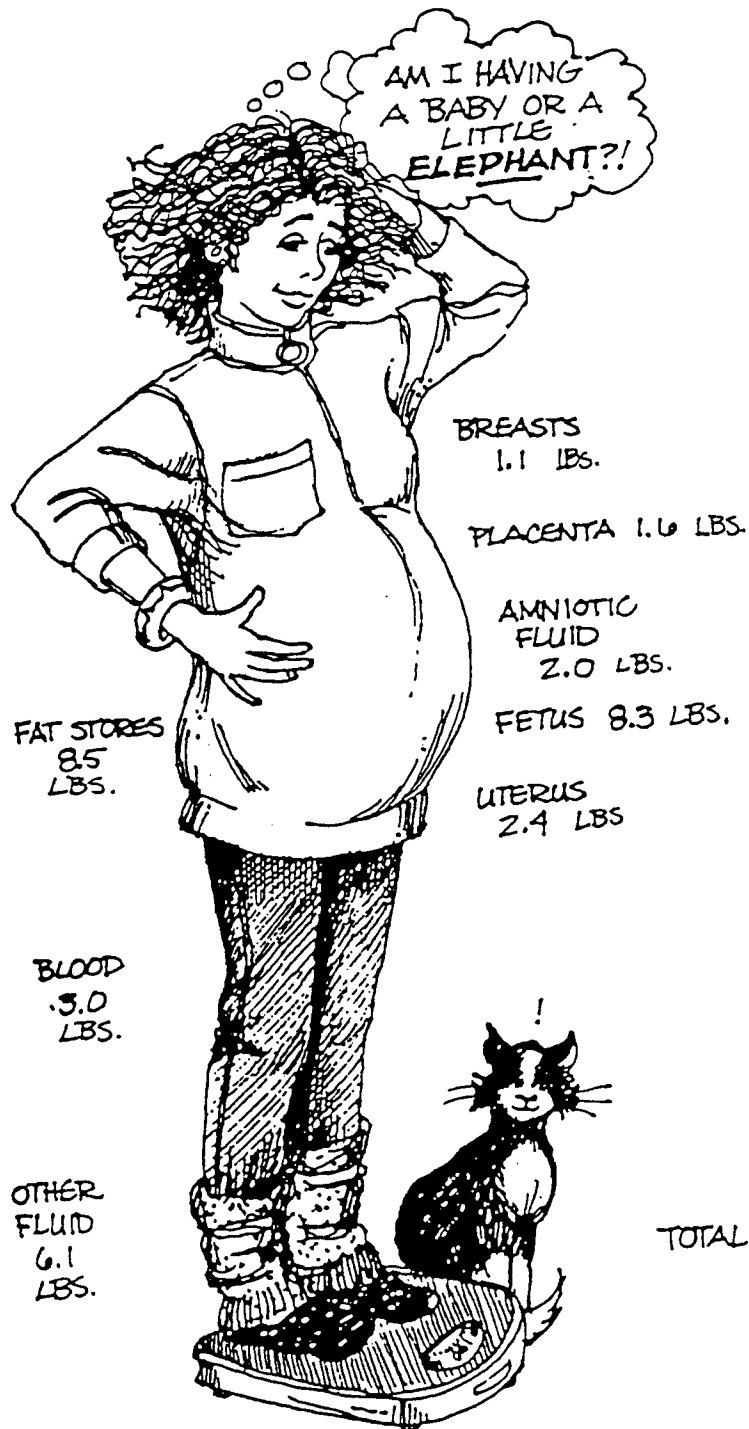


Many factors influence whether a baby is born healthy. A good weight gain is one way you can help. Your dietitian can talk to you about healthy ways to eat and gain weight.

My weight gain goal is \_\_\_\_\_.



# Where Does All the Weight Go?



It's true that only part of the weight you gain while you're pregnant is the baby, but the rest of that weight helps the baby grow!

*Here's where the weight goes for a woman who gains 33 pounds.*